lipoperoxidation inhibition and antitumor potential, may have contributed to their exceptional longevity.

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## The teas of Portuguese centenarians

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*Introduction:* Medicinal plants traditional consumption habits, can contribute to longevity.
*Methods:* A sample of 253 centenarian individuals in Portugal, both sexes, median age100 years, was studied, to verify past habits in relation to medicinal-interest plants use. It was compared with a control group median age 67 year, with a reduced theoretical probability of reaching 100 years.
*Results:* Among the 8 most cited plants, in decreasing frequency order, in centenarian's group: Lemon-balm, barley, lemon-verbena, orange (leaf-flower), linden, whig-plant, pennyroyal and mount-carqueja (*Pterospartum-tridentatum*); in the control group: Lemon-balm, lemon-verbena, chamomile, linden, prince-herb, green-tea, lemon-tea and mint-tea. Whereas 28% of the control subjects reported not using infusion plants, in the centennial group, only 9.1% reported not routinely use them ($\chi 2 = 30{,}42$, $p < 0.001$). Among the 8 plants most marked by the centenarians that were not mentioned by the controls, they include barley, whig-plant, pennyroyal and mount-carqueja.
*Conclusion:* the high antioxidant power associated with the use of plants by centenarian individuals, determined by anti-free radical's activity,